

RADIO SHOW –

This is the Healthy Kansas Minute. I'm Dr. Howard Rodenberg, state health director with the Kansas Department of Health and Environment.

Kansas is among a number of Midwest states experiencing an increase in mumps cases. Iowa has the most cases, Kansas is seeing an increase as well.

Mumps is usually a relatively mild viral infection, which is transmitted through coughing, sneezing or being in close contact with an infected person. Symptoms include, fever, swelling and tenderness in glands around the neck or jaw. Mumps can be severe, though complications are very rare.

Vaccination is still the best prevention against mumps for both adults and children. If you have not received the two recommended doses of the MMR (measles, mumps, rubella) vaccine, make sure you get vaccinated right away. It is also important to practice good hand washing, avoid sharing drinking cups and eating utensils and avoiding close contact with anyone who has the mumps.

To learn more about health in Kansas, please visit us at www.kdheks.gov. This has been the Healthy Kansas Minute!